AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.(currently amended) A reduced-wear sealing element (10, 30, 40, 50, 60), characterised in that it is made at least in part from a self-lubricating plastics material comprising a wear- resistant polymer matrix (11), in which are dispersed microcapsules (12) containing a lubricating agent.

2.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 1, characterised in that said polymer matrix (11) comprises a polyketone.

3.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 2, characterised in that said polyketone is an aromatic polyketone.

4.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 3, characterised in that said aromatic polyketone is polyetherether ketone (PEEK).

5.(currently amended) A sealing element (10, 30, 40, 50, 60)-according to claim 1, characterised in that said polymer matrix (11)-comprises a resin selected from among polybutadiene- styrene (PBS), polytetrafluoroethylene (PTFE) and blends thereof.

6.(currently amended) A sealing element (10,30, 40,50, 60) according to any one of the preceding claims 1-5claim 1, characterised in that said microcapsules (12) comprise a shell of polyoxymethylene urea (PMU).

7.(currently amended) A sealing element (10,30,40,50,60) according to any one of the preceding claims 1-6claim 1, characterised in that said microcapsules (12) have an average diameter of between 5 and 500 μ .

8.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of the preceding claims 1–7claim 1, characterised in that said microcapsules (12) are dispersed in said polymer matrix (11) in a ratio by weight of between 2 and 30 wt. %.

9.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of the preceding claims 1–8claim 1, characterised in that said lubricant incorporated in the microcapsules (12) is an oil which is low in acidity.

10.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of the preceding claims 1–9claim 1, characterised in that said lubricant is a fluid lubricant which has a viscosity within the range between 20 and 250 cSt.

11.(currently amended) A sealing element (10, 30, 40, 50, 60)-according to any one of the preceding claims 1-10claim 1, characterised in that said lubricant further comprises an additive or filler to increase mechanical strength or thermal conductivity.

12.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 11, characterised in that said additive is a microelement selected from the group consisting of zinc, boron and mixtures thereof.

13.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of the preceding claims 1-12claim 1, characterised in that it is a sealing ring (30, 40) for a piston (21) or cylinder of a reciprocating compressor.

14.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of claims 1–12claim 1, characterised in that it is a guide ring (50) for a piston (21) or cylinder of a reciprocating compressor.

15.(currently amended) A sealing element (10, 30, 40, 50, 60) according to any one of claims 1 12claim 1, characterised in that it is a packing ring (60) for a shaft (22) of a piston (21) of a reciprocating compressor.

16.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 13, characterised in that said sealing ring (30, 40) is accommodated in a circumferential seat (26) provided in the side of a piston (21) of a reciprocating compressor.

17.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 14, characterised in that said guide ring (50) has grooves (52) and is accommodated in a circumferential seat (26) provided in the side of a piston (21) of a reciprocating compressor.

18.(currently amended) A sealing element (10, 30, 40, 50, 60) according to claim 16, characterised in that said sealing ring (30, 40) has at least one through cut (32, 42), inclined relative to the axis of the ring (30, 40).